

SPECIAL INTRODUCTORY OFFER

Introductory Lesson: We offer a special private Introductory Lesson that is designed to help you to evaluate our school so you can see how we teach martial arts in a safe, professional, but also very effective manner and how our training is the most enjoyable and enriching martial arts program you will ever take. This class will also help give you the basics (foundations) so you will be able to transition smoothly into group class. Please call **978-635-1090** to schedule the intro class.

Kids' Introductory Program:

For just \$ 25.00 you'll receive:

- One Private 15 minute lesson
- One group lesson
- Official School Uniform – T-shirt & Kungfu Pants
(A \$45.00 value, FREE if you sign up for one year within one week after finishing your introductory class.)

Adults' Introductory Program:

For just \$ 35.00 you'll receive:

- Two Private 30 minute lessons
- Official School Uniform – T-shirt & Kungfu Pants
(A \$45.00 value, FREE if you sign up for one year within one week after finishing your introductory class.)



Chinese Martial Arts 中華武術

Division of Athletic Balance, LLC 衡安健身學院
61 Great Road, Acton, MA 01720 USA

For more information on our programs,

Call **978-635-1090** or visit

www.AthleticBalance.com also www.WushuKungfu.net

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中華武術衡安健身學院



INTRODUCTION



Wushu 武術, also called *Kung Fu* 功夫, is the Chinese term for martial arts. The Chinese character *Wu* 武, which means “martial”, is composed of two parts: *Zhi* 止, “to stop”, and *Ge* 戈, “war”. The last character, *Shu* 術, means art or method: thus, “the art of stopping violence”, using martial skills only to stop conflict and bring about peace.

The training in our school introduces the values of self-control, self-discipline, self-defense, and physical fitness for every age and ability level. Correct Wushu instruction builds strength, character, focus, flexibility, and coordination, while enhancing performance in other sports, in the workplace, at home, and in school. Chinese martial arts improves self-esteem, goal setting abilities, anger management, and non-violent conflict resolution skills.

Our instructors have been professionally teaching Chinese martial arts, Taiji and Qigong to kids and adults since 1988. Narcyz Latecki, voted as one of the *Top One Hundred Extraordinary Martial Artists of the World and Prominent Wushu Coaches*, is chairman of the *International Wushu Sanshou Dao Association*, where he holds a seventh level black belt and a fourth degree master level. Narcyz is also a thirty-four time gold medalist in international competitions in Europe and the United States. Eva Latecki is a six time gold medalist in international competitions and holds a 5th level black belt and a second degree master level.

In 1998 they founded *Chinese Martial Arts* in Acton, MA, which was incorporated in 2004 to become Athletic Balance, LLC. Together, they have guided their students in achieving top honors as well as *Grand Championship* titles in national and international competitions. In the last few years their students have scored over 130 gold medals.



Kung Fu/Wu Shu for Kids 武術功夫



Chinese martial arts involves much more than just beautiful movements and fighting. It is not only an excellent health exercise, but also an effective method of developing leadership qualities.

This class provides programs that are specifically designed for kids as young as 4 years old. Your children will learn traditional Kung Fu/Wu Shu, combined with modern methods,



which will give them the opportunity to practice for health, fitness, self-defense and modern martial arts tournaments. Our instructors bring out the best in children by providing a positive learning atmosphere and by emphasizing personalized training.

We also offer kung fu camps and birthday parties.

Shaolin Kung Fu for Adults 少林功夫



Traditionally, complete Chinese martial arts training includes *Ti* (踢, kicking), *Da* (打, punching), *Shuai* (摔, throwing), and *Na* (拿, controlling). Each Chinese martial art style includes basic routines (套路 *Tao Lu*),

which may involve strategies for offense and defense, with and without weapons. Two-person choreographed sequences introduce the basics of contact training, which eventually leads to free sparring. This can be followed by internal and external exercises specifically designed to



strengthen the body enough to be able to withstand strikes and blows.

The styles taught in our school include the complete systems of traditional Long Fist Chuantong Changquan 傳統長拳, Bajiquan 八極拳, Piguaquan 劈掛拳, Fanziquan 翻子拳, Chuoqiao 戳腳, Emei 峨嵋 system, and over twenty different weapon types.



Internal Styles Nei Jia Quan 內家拳



Our school's internal program covers the arts of traditional **Taijiquan** 太極拳 (Chen 陳 and Yang 楊 styles of Tai Chi Chuan), **Xingyiquan** (形意拳 Hsing I Chuan), and **Baguazhang** (八卦掌 Pa Kua Chang). Practice of these styles im-

proves the level of physical and mental energy and helps the circulation in the body to maintain health as well as internal strength.

Qigong (氣功 Chi Kung) is the ancient art of cultivating *Qi* (氣 intrinsic energy) and can also be a part of any internal style. It is also practiced separately for health, longevity, martial skill, and spiritual development. Our school offers classes for Medical 醫療, Daoist 道家, Buddhist 佛家, and Martial Arts Qigong 武術氣功.



OTHER CLASSES 功夫技巧

San Shou (散手 Sparring) covers Chinese wrestling, joint lock & control, pushing hands, strength and endurance training, body conditioning, iron shirt and internal energy work, leading ultimately to full contact sparring.



Self-defense teaches martial techniques and strategies designed for the average person in order to protect against unexpected danger. Students will discover that it doesn't require much strength to defend oneself.

Fangun Tiayiao (翻滾跳躍 Martial Arts Tumbling) is based on the traditional Kung Fu styles such as Di Tang Quan 地躺拳 and Cui Ji Quan 醉酒拳. These styles are known for difficult acrobatic stunts, and techniques with a much higher degree of difficulty.



Private lessons for all courses are available by appointment, either individually or as a group. Please ask or call for more details.

We offer **seminars, workshops, camps**, special classes and sessions for schools, clubs, fitness centers and work places - locally, nationally, and internationally. *Our seminars are easy to set up and can be implemented at no cost to the host instructor - call for details, pricing and time availability.*



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Check our website @ www.AthleticBalance.com or call 978-635-1090